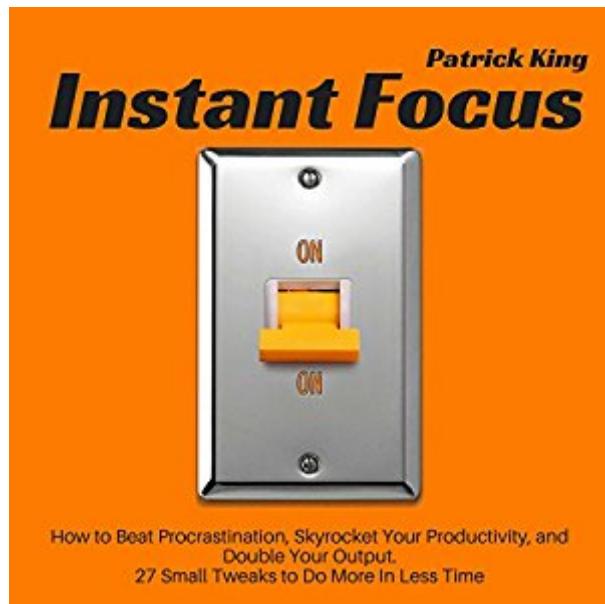


The book was found

## Instant Focus



## Synopsis

Do you want to save hours a day and do more in less time? Feel productive instead of stressed, defeated, and overwhelmed? If (1) you wonder where your time goes, (2) you can't motivate or organize yourself, and (3) you struggle to buckle down and concentrate when it really matters - newsflash! Your to-do list is not cutting it anymore. You need to develop superhuman focus and all that comes with it. Superhuman Focus teaches the most important of skills - the ability to get stuff done. Without it? The difference between the life you want versus settling for "good enough." 25+ ways to utilize every last waking minute to its fullest potential. Self-motivation is notoriously difficult, so this book contains systems, hacks, tips, psychological phenomenon, and external motivators to make success and productivity inevitable. These are exact instructions to implement in your life today. Each tactic for focus and productivity is the product of years of practice and experimentation - tactics which have allowed me to create a successful business and sell well over 150,000 books. There are also tips used by many high-performers, including an interview with best-selling author Kevin Kruse. I guarantee you'll find something that you can't wait to implement. What about Superhuman Focus will you learn? Why to manage your energy as opposed to your time The most productive morning routine you've ever seen How to batch tasks for optimum efficiency How to safeguard and free up your time Other ways to maximize your day: The best ways to upgrade your obsolete to-do list How to live by your daily calendar Planning distraction blackouts and competing with yourself How to re-imagine your daily priorities The best ways to deal with any distraction Imagine what you could accomplish if you could complete anything you set your mind to. Your productivity will explode and you can set your sights higher and higher. You'll get more done in less time. You'll be less stressed, more relaxed, with greater success. Co-workers and supervisors will wonder what your secrets are. You will live happier knowing everything is accounted for. Take back your day and never feel the pressure of a deadline again! Your life is about to 10X.

## Book Information

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Best Sellers Rank: #46 in Books > Medical Books > Psychology > Education & Training #53 in Books > Self-Help > Time Management #134 in Books > Self-Help > Stress Management

## Customer Reviews

I've had problems with focus for years, wasting time on Twitter and news sites. I bought this book just on a whim about a month ago and it's already helped me a lot. Actually bought the Kindle version first and then the paperback version a week later so that I could go back and make notes. The actions described are simple but can really make a difference. For me, just focusing on a productive morning and figuring out my sharpest hours of the day, and making a not-to-do list has really helped. I'm really glad I clicked on this one when it came up as a recommendation on my Kindle!

Working through this book still- but so far great information and practical solutions.

Patrick provides great insight and practical ways to implement time saving and efficient methods for all areas of life, not just your career.

He made a lot of sense and offered practical advice.

Great book. Insightful! Thank you Patrick!! I will be super focused with these tips. Great purchase guys! This book will help in being focused.

This book helped me to look at my priorities. It has helped me to define what is important and what is not. The additional resources he provides are good tools that will help me to better perform the tasks that are before me.

Lots of great tips in this book. I actually took notes and highlighted lots of parts, that's how you know a book is good - when you go back to review what you took notes on because it had value to it. I feel a bit better about valuing my time and am working on building my daily goals checklist right now.

This eBook was very well-written and professionally structured and highly informative. I would have given it 5 stars, except there are just a couple things in here that seemed to be more personal opinion than actual fact. Overall, this is a great read and I learned a lot of useful and valuable information about procrastination and ways to overcome it. I would recommend this as a read for anyone who is struggling with procrastination.

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